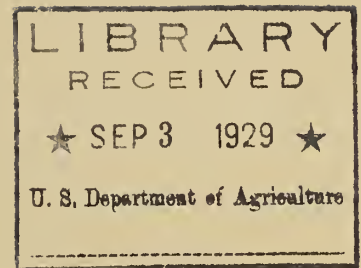


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### THE HOUSEHOLD CALENDAR.

A radio talk by Mrs. Rowena Schmidt Carpenter, Assistant to the Chief of Bureau of Home Economics, through WRC and 31 other stations associated with the National Broadcasting Company at 1:35 p. m., E. S. T., Thursday, August 22, 1929.

And as for household matters, today I am bringing the suggestion that you make use of fish in your menus, now that so many good kinds of fish are in season in many parts of the country. If any of you who are listening today live so far inland that fresh fish is not on your market, let me call your attention to the possibility of using frozen fish. The most beautiful steaks and filets can be had frozen these days in any part of the United States, I feel sure, since they are now shipped west from the east coast, and east from the west coast. Frozen fish can be exactly as delicious as fresh fish, if it is thawed just in time to cook it, and is prepared by the same methods that would be used for fresh fish. If you cannot find fish either fresh or frozen on your market, some of the suggestions I am about to make can be carried out anyway, using canned salmon, tuna, cod, haddock, or whatever your favorite kind of canned fish is.

Here in Washington we are fortunate in having many kinds of fish and sea food to choose from. Just today the market is featuring sword fish steak, and rock fish, blue fish, and trout. Any one of these is delicious broiled or fried. If your family is used to fried fish, give them a treat some day soon by serving a broiled fish or fish steak. Broiling is one of the quickest and easiest of methods. Just sprinkle the fish with a little salt and pepper, dot over with butter, and broil it rather quickly under the flame, reversing so the heat penetrates each side.

If you can get a hold of a large fish and are willing to heat up your oven for about an hour, try a baked fish with bread dressing sewed up in it. One of the best dressings for this purpose is moistened with tomatoes, canned or fresh, and seasoned with salt, pepper, and finely chopped onion. The combination of tomato and onion penetrates the fish just enough to give it an excellent flavor through and through.

Soft shell crabs are always a treat, dipped in batter and fried in deep fat. And hard shelled crabs lend themselves to preparation in many dishes. The flakes well seasoned and baked in the half shell make a delicacy called in some cafes Imperial Crab. Of course you know Devilled Crab, and Crab Flake Salad. Have you ever hollowed out the center of a very large ripe tomato and filled it in with large fresh crab flakes, finely cut celery, a very little chopped green pepper, and some mayonnaise dressing? Nothing could be better as the basis of a hot weather luncheon menu.

For those of you who must use canned fish, there are the old standbys of creamed and escalloped dishes, and salad, made from salmon, tuna, cod and haddock flakes. Remember that salad must have three characteristics to make



it deserve its name: it must be cool, crisp and acid. So allow plenty of fresh, raw, vegetable such as celery, green pepper, chopped cabbage, or firm pickle to provide the crispness, have all ingredients cool, and use a tart dressing.

Tomato sauce with canned fish such as cod and haddock adds good flavor and color. Mrs. Yeatman in our experimental kitchens does something a little different with canned salmon. First of all she chooses a very fine quality of pink salmon, and then puts the whole can, unopened, in boiling water to cover, and heats the contents thoroughly, which takes about fifteen minutes for a large can. Then she opens the can and slips the mold of salmon out whole, and places it on a small platter with parsley and sliced lemon garnish, and pours over the salmon a generous amount of cooked salad dressing, which may be either hot or cold. She always serves this dish with some crusty bread such as rye or French bread. It is a very attractive dish, the pink salmon, yellow dressing, and the yellow and green garnishes of lemon and parsley.

Referring to another can, let me suggest sardine sandwiches. Prepare thin crisp toast, or use salted crackers. Sardines are so rich in fat that it is not necessary to add butter or mayonnaise, though some people never enjoy a sandwich unless it has some such spread. The characteristic flavor of sardine sandwiches is developed by a few drops of lemon juice. Sliced crisp cucumbers are a delightful addition, either inside of the sandwiches or as the accompanying sandwich.

And with that thought I leave you until next Thursday, Homemakers.

